

Meal Plan Overview

Final Meal Plan: Pantry Challenge 2026-01-23

Goal: Create a layered, tasty meal < 30 mins using only existing stock. **Selected Meal:** Option 3B - Creamy Garlic-Ginger Chicken & Rice Skillet (White Sauce Variant).

To Gather (Shop Your Home)

Produce

- Green Cabbage (1/2 head)
- Yellow Onion (1)
- Fresh Ginger (2-inch knob)
- Garlic (2 cloves)
- Radishes (3-4 for garnish)

Dairy / Fridge / Freezer

- Cottage Cheese (1 cup)
- Butter or Oil (1 tbsp)
- Pre-cooked Chicken Cubes (2 cups)

Pantry

- Rice (1 cup uncooked)
- Canned Corn (1 can)
- White Vinegar (1 tbsp)
- Salt & Pepper

Menu

Dinner: Creamy Garlic-Ginger Chicken & Rice Skillet

A high-protein, comforting skillet meal. The cottage cheese is blended into a smooth, savory “white sauce” that coats the ginger-spiced chicken and veggies. **Time:** 25 mins. **Diet Stats:** 50% Veg (Cabbage, Corn, Onion) / 25% Protein (Chicken, Cottage Cheese) / 25% Carb (Rice, Corn).

Generated by Gemini Kitchen Agent 